

V. 7-DAY ACTIVITY DIARY

The *7-Day Activity Diary* will be used to document the baby's exposure to tobacco smoke over a 7-day period based on the mother's self-report. The 7-day period will begin the day after Home Visit A and end 7 days later. To aid her recall, you will provide the mother with the *7-Day Activity Calendar* during Visit A and ask her to document her daily activities on the calendar for the next seven days. Copies of the *7-Day Activity Calendar*, the *Sample Calendar* and the *7-Day Activity Diary* are provided at the end of this chapter.

A. Explaining the 7-Day Activity Calendar to the Mother

After you have completed all Home Visit A activities and before you leave, you will explain that during Visit B you will be asking her about baby's exposure to tobacco smoke over the next seven days and that she is to record her activities on the *7-Day Activity Calendar* for this purpose:

When I visit you again in a week to pickup the monitor, I will also ask you about the number of cigarettes smoked around you and (NAME OF BABY) in various situations, such as in the home, away from home, and so on, during the week. To help you remember, I would like you to complete this calendar (GIVE HER THE 7-DAY ACTIVITY CALENDAR) every day for the next 7 days with notes on how you and the baby spent the day. As you can see, the calendar is divided into 3 parts—morning, afternoon, and evening. You don't have to keep an hour-by-hour accounting of your day; just a general notion of where you and the baby were, what you were doing, and who else was with you. Here is an example calendar that is completed for two days with the kind of information that I would like you to record. (GIVE HER EXAMPLE CALENDAR). You make keep this example calendar to refer to when you complete your calendar. Do you have any questions?

On her *7-Day Activity Calendar*:

- Mark the assessment period
- Affix a subject ID label, and
- Record the date and day of each of the subsequent 7 days, starting with the day after Home Visit A.

Ask the mother to place the calendar in some location where she will see it, such as on the refrigerator.

B. Completing the 7-Day Activity Diary

During Home Visit B you will complete the *7-Day Activity Diary* with the mother, using the *7-Day Activity Calendar* as a recall aid for her. If the mother did not completed the *Calendar* during the week, then complete it with her before you complete the *Diary*. For each block of time ---morning, afternoon, and evening---and each day, ask her:

1. *Where were you and the baby?*
2. *What were you doing?*
3. *Who else was there?*

Document the information on the calendar. If the mother misplaced the Calendar, then complete another one, making sure to:

- Mark the assessment period
- Affix a subject ID label, and
- Record the date and day of the 7-day period, starting with the day after Home Visit A.

Complete the *7-Day Activity Diary* by first recording the Date and Day of each of the past 7 days, starting with the day after Home Visit A. This information should match the information that was recorded for the mother on her *7-Day Activity Calendar*. Then, ask each of the ten questions on the *Diary* for each day before going on to the next day. Use the completed *Calendar* to probe for the information. This will be especially helpful when asking about the cigarette smoking of other people.

Using the sample calendar, here is an example of how to use the *Calendar* to probe the question: *“How many cigarettes would you say other people smoked inside your home on Wednesday?”*

If the mother is uncertain, probe by saying: *“Let’s see, on Wednesday morning, while you were getting ready to go to work and after you left, would anyone, besides yourself, have smoked a cigarette inside your home, such as your husband? If so, how many cigarettes do you think he would have smoked in that time period? How about in the afternoon, you recorded that your neighbor came over---does your neighbor smoke? If so, how many cigarettes did your neighbor smoke? Besides yourself, how many cigarettes would other people have smoked inside your home in the afternoon? And, in the evening, did your husband smoke inside the home? How many? Did anyone else, besides yourself, smoke inside the house in the evening? How many?”*

C. Question Specifications

Some of these questions may be difficult for the mother to answer. Use the calendar to probe for a response. Ask her to give her best estimate. If she cannot estimate, record “DK” in the boxes provided.

1. First, altogether how many cigarettes did you smoke, even a puff, on (DAY)?

This is a general question that asks the mother how many cigarettes, altogether, she smoked during that day. The remaining questions that refer to the number of cigarettes the mother smoked should be less than this answer. If she says “none” record “00” in the boxes and skip to Q.4.

2. Now let's talk about any cigarette smoking inside your home. How many cigarettes would you say you smoked inside your home on (DAY)?

This question asks about the total number of cigarettes the mother smoked on that day inside the home. This number should not exceed the number of cigarettes smoked that is reported in Q.1. Refer to the calendar to help her remember. You can probe, by going through the day's activities and asking her how many cigarettes she might have smoked during each activity. For example: *"Did you smoke when you took the baby for a walk? Did you smoke at work?"*

3. When you smoked inside your home, how many cigarettes or parts of cigarettes did you smoke when the baby was in the same room?

This number should not exceed the number of cigarettes smoked that is reported in Q.2. Again, use the calendar to help the mother recall. For example: *"Did you smoke around the baby when you were making breakfast? Or when you gave the baby a bath?"*

4. How many cigarettes would you say other people smoked inside your home on (DAY)?

This question is about other people who might have smoked cigarettes inside the home on that day. If the answer is none, record "00" in the boxes and skip to Q.6.

5. When other people smoked inside your home, how many cigarettes or parts of cigarettes did they smoke when the baby was in the same room?

This number should not exceed the number of cigarettes reported in Q.4. Potential probes could include: *"Did your neighbor smoke around the baby on Wednesday afternoon?"*

6. Now think about any cigarette smoking that occurred in the car or some other enclosed area, not including your home on (DAY). How many cigarettes did you smoke in the car or some other enclosed area on that day?

Make sure the mother does not include the cigarettes she smoked inside the home, which was reported in Q.1. If the answer is none, record "00" in the boxes and skip to Q.8. Potential probes could include: *"Did you smoke when you drove to work, or at your mom's when you dropped the baby off or picked the baby up?" "Did you smoke at work?"*

7. How many cigarettes or parts of cigarettes did you smoke in a car or some other enclosed area when the baby was around you in the same area?

This number should not exceed the number of cigarettes reported in Q.6.

8. How many cigarettes or parts of cigarettes did other people smoke in a car or some other enclosed area when the baby was around them?

This question is about other people who might have smoked in some other place (outside the mother's home) and around the baby. Potential probe is: *"Did your mom smoke around the baby when she was taking care of the baby Wednesday afternoon?"*

9. On (DAY), how many hours were you were not with the baby and someone else was taking care of (him/her)?

Record the number of hours when someone else was taking care of the baby other than the mother. Probe by asking: *"On Tuesday night your husband played with the baby while you were making dinner—about how long was that?"* or *"How long was the baby at your mom's house on Wednesday?"*

10. Thinking about who was around the baby when you were not taking care of (him/her) during this time, how many cigarettes would you say other people smoked.

The mother needs to give an estimate of the number of cigarettes smoked around her baby when she was not present. It may help to ask her to think about the number of cigarettes these people normally smoke and whether they smoke around the baby to come up with reasonable estimate.

When you have completed the diary for all seven days, staple the *7-day Activity Calendar* and the *7-Day Activity Diary* together.

INSERT THE FOLLOWING FORMS:

7-Day Activity Calendar

Sample Calendar

7-Day Activity Diary